


DIABETIC DIET

Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	Sunday	
Lentiles 100 g	String beans	Oven eggs	Lentiles 100 g	Bean 100 g	100gpea	eggs Cucumber 50g Brown bread 50 g Low fat milk 200ml Or 1 cup tea Water	Breakfast
Kabsa 200g Mixed vegetables 150 g Bananas 150 g	Chicken oven1 /4 Rice 125 g Okra 150 g Grapes 80 g	Chicken Shawarma130g Rice 125 g Melookia 150 g Orange 150 g	meat Kebab 120 g Rice 125 g Mixed vegetables 150 g Pear 150 g	Fish oven 130g White rice 125 g Okra 150 g Apple 150 g	Chicken oven1/4 Melookia 150 g Rice with pea 125 g Grapes 80 g	Meat withsauce 130 g rice with tomatoes Mixed vegetables 150 g Salad150 g Bread 50 g Orange 150 g Water	Lunch
Vegetables+ pasta 200 g Milk	Edam Chicken Brown bread Orange	Pasta with vegetables 200 g Apple juice 2/1 cup	Edam 200 g Brown bread Low fat milk	Chicken oven Rice with carrots Pears 125 g	Ground meat + Macaroni 100 g Apple 150 g	Chicken Sandwiches Salad 150 g Natural orange juice1/2cup Water	Dinner
Low-fat yogurt	white cheese 30 g Bread toast two slices	Low-fat yogurt	Orange	Low-fat yogurt	White cheese 30 g Bread toast two slices	Low-fat yogurt	Snack

Chief operation officer:

Dr. taha idris

Preparation:
Clinical dietitian
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